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THE OPRAH
MAGAZINE

LIVE YOUR BOLDEST LIFE!

**IS MARIJUANA
THE NEW
MERLOT?**
Mellow out
on pg. 124

**JIMMY KIMMEL,
AMERICAN HERO**
The O Interview

**OPRAH
2020**
WAS NEVER
MY AIM...™
pg. 146

[THIS MONTH'S
BIG QUESTION]

What
**Would
You
Stand
Up
For?**

IT'S YOUR
TIME TO
RISE—AND BE
THE LIGHT
YOU WANT
TO SEE





Fair Trades

Thanks to these environmentally kind picks, you can buy the change you want to see.

TOTES SMART

Handmade by female artisans using sustainable straw, this carryall is as vibrant as your farmers' market haul. (Shicato Pompoms tote bag, \$89; maison-de-mode.com)

COCO-CONSCIOUS

Extracted without heat or harmful chemicals, this small-batch coconut oil can enhance your recipes or quench your skin. (Skinny & Co. coconut oil, \$30 for 16 ounces; skinnyandcompany.com)

SLEEP SOUNDLY...

...knowing these sheets are spun with organic cotton and colored with nontoxic dyes. Their single-ply threads also make them extra breathable, so you'll stay cool. (Boil & Branch banded sheet set, \$210 to \$305; boilandbranch.com)

PROGRESSIVE LENSES

Shield your eyes and the earth with these aviator sunnies constructed from recycled metals. (Amador Oceana, \$55; blueplaneteyewear.com)

BETTER SWEATER

A soft pullover crafted from cotton scraps proves that one woman's trash is your eco-friendly treasure. (Reclaimed hemp organic cotton knit top, \$158; eileenfisher.com)

A WELCOME MAT

Flow with ease, thanks to the no-slip grip on this natural-rubber (sourced without harming the trees) yoga mat. (Harmony mat, \$75 to \$80; jadedyoga.com)

RAISING THE BAR

From nourishing conditioners to soothing scrubs, these vegan formulas are formed into bars, eliminating plastic containers—and consumer waste. (Ethique beauty bars, \$7 to \$33 each; amazon.com)

STEP FORWARD

Reduce your carbon footprint with a sleek sneek made from Tencel, a moisture-wicking fiber that's produced using relatively minimal water and land. (Tree Runner sneaker, \$95; albirds.com)